

## POST SHORTS

### Recycling schedule



The residential and recycling pickup schedule for Nov. 8, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### Next week's issue arrives Wednesday

The staff at the *APG News* will be starting earlier than usual on the paper next week so that readers will have the paper before their four-day holiday weekend.

Look for *APG News* to be delivered Wednesday instead of Thursday next week.

### Veterans Day weekend gate hours

There will be reduced gate operations at Aberdeen Proving Ground for the Veterans Day holiday.

The Harford Gate (Route 22) in APG North will close 10 p.m. on Thursday, Nov. 9, and the Wise Road Gate in APG South will close at 9 p.m.

The Maryland Gate in APG North and the Route 24 Gate in APG South will be open throughout the holiday weekend.

The Harford gate and Magnolia Gate will reopen at 4 a.m., Nov. 13.

### ACS announces 'Holiday Sponsor Program'

With the holiday season fast approaching and the nation still fighting the War on Terror, the APG community is constantly reminded of the sacrifices of the men and women in the U.S. armed forces.

During these stressful times, some military families are experiencing financial difficulties and require additional assistance.

Army Community Service works closely with these families providing supportive services throughout the year.

To help make this holiday season brighter for some of these families, ACS will collect donations from individuals or groups desiring to sponsor a military family.

For more information, call Arcelio V. Alleyne, ACS Financial Readiness program manager, 410-278-2450/7572, fax, 410-278-9685 or e-mail, arcelio.alleyne@us.army.mil.

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Testers receive award

# National Guard unit returns after year-long tour



Maryland Army National Guard Sgt. Joseph Beale, Company C 2/224th Aviation, and his daughter Mary, 4, absorb the moment of their reunion at the Gen. Warren Hodges Armory during the unit's return from Iraq Oct. 26.

Story and photo by  
**YVONNE JOHNSON**  
APG News

Family, friends and fellow Soldiers turned out in force at the Gen. Warren D. Hodges Armory at Aberdeen Proving Ground to welcome home 37 members of the Maryland Army National Guard's Company C 2/224th Aviation who returned home after a year-long tour in Iraq Oct. 26.

Maj. Gen. Bruce F. Tuxill, Maryland adjutant general, personally greeted the Soldiers as they left the buses then disappeared into a sea of flag-wavers.

Tuxill said the unit's safe return after the successful mission holds two important meanings.

"Number one, it means we train them well and number two, it means we put good leadership in front of them," Tuxill said. He praised the unit's commander, Capt. Daniel Paolucci, and the battalion commander, Col. Fritz W. Kirklighter, as well as leaders throughout the state in confronting the various Guard missions.

"He is a prime leader," Tuxill said of Paolucci. "I was assured he was great and he fit right in.

"Our leaders know the objective and they deserve all the credit," he added. "I give the directives then I get out of the way and let them do their jobs. The Maryland Army National Guard is very proud of everything we do for our state and for our nation."

The welcome home included a potluck supper organized by the battalion's Family Readiness Support Group, led by Sharon Chapman, FRSG lead for Headquarters and Headquarters Company, Combat Aviation Brigade; Martha King, assistant lead; and Lisa Paolucci, the unit commander's wife.

See **GUARD**, page 3

# Understanding employees limitations in political activities

Story by  
**CAPT. JULIE WORTHINGTON**  
OSJA

With the upcoming elections of 2006 fast approaching, federal employees and service members may wish to become involved in campaigning for a political candidate or cause. Before doing so, it is important to understand there are certain limitations placed on their political activities.

The following is general guidance to inform federal employees and service members of what is prohibited and allowed in their political activities.

The Hatch Act, originally passed by Congress in 1939 and amended in 1993, is the leading authority for limitations on the political activities of federal civilian employees. The Hatch Act restraints on political activities exist so that political participation does not create a conflict of interest with employees' official duties.

Federal employees may participate in a wide range of political activities that are not likely to raise a conflict of interest with their official duties.

#### Federal employee prohibitions

Under the Hatch Act, federal

employees may vote and be a member of a political party. Employees may initiate a petition for a particular candidate, donate money to a political campaign, and even campaign for a particular party or candidate by placing a bumper sticker on their private vehicles. If participating in a political rally or caucus employees may not use their official title. Employees may not use their authority or position to coerce or influence anyone into participating in any political activity or cause.

Federal employees may be a candidate for public office in nonpartisan

elections (an election in which none of the candidates is affiliated with a political party). However, federal employees may not run for the nomination or as a candidate for election to a partisan political office. Federal employees may campaign for or against candidates in partisan political elections, referendum questions, constitutional amendments or municipal ordinances. They may also assist in voter registration drives and express their opinions about candidates and issues.

Federal employees may not engage

See **POLITICAL**, page 14

## FEHB, FSA open seasons begin Nov. 13

CPAC

The Federal Employees Health Benefits Open Season will be held Nov. 13 through Dec. 11.

Health fairs are scheduled 9 a.m. to 1 p.m., Nov. 14, at the Recreation Center, building 3326, and 9 a.m. to 1 p.m., Nov. 16, at the Stark Recreation Center, building E-4140. Plan representatives will be available to answer questions.

Employees are encouraged to attend the health fairs to speak to the carrier representatives and obtain individual brochures from them.

The new rates for 2007 are shown at <http://www.opm.gov/insure/health/07rates/index.asp>.

The Flexible Spending Account Open Season also coincides with the FEHB Open Season. To enroll in the FSA, employees must contact the carrier SHPS directly at <https://www.fsafeds.com>, 1-877-372-3337.

Dental and vision benefits (FEDVIP) will also be available to federal employees for the first time this year. Employees do not have to be enrolled in FEHB to elect FEDVIP, but they must be eligible for FEHB to enroll.

#### Making a health benefits open season change

Employees no longer complete a form to make a health benefits open season election. Employees must contact the Army Benefits Center-Civilian (ABC-C) by telephone (1-877-276-9287) or on the Internet at <https://www.abc.army.mil>. Employees no longer make an election with the APG Civilian Personnel Advisory Center.

Employees will need to know the health benefits code for the plan they want to enroll in, and their family members' names, birth dates and social security numbers (if they choose family coverage).

The Army Benefits Center will process employees' open season election. Employees should check their Leave and Earnings Statement to make sure their open season election took effect. If not, contact ABC-C at the number above.

#### Tips for making health benefits changes using the Army Benefit Center

Civilian employees must enter their SSN and Personal Identifi-

cation Number (PIN) when using the telephone 1-877-276-9287 or Internet <https://www.abc.army.mil>. An employee's PIN is their month and year of birth (Sept. 1948 would be 0948 - 09 for the ninth month and 48 for 1948), unless they have already changed it to their own personal PIN.

If employees choose to use the ABC-C Web site, they must enter their SSN and PIN and also enter the "Point of Entry" Log-In screen. This area asks for employee SSN, service computation date, date of birth, pay plan (GS, WG, GM, etc.), grade and step. This information is available on the latest Civilian Leave and Earnings Statement or SF-50 (Notification of Personnel Action).

All new changes will be effective Jan. 7.

Questions may be directed to Teri Wright, Civilian Personnel Advisory Center, 410-278-4331, e-mail [teri.wright@apg.army.mil](mailto:teri.wright@apg.army.mil), or to a servicing human resources technician.

#### Federal Employee Dental and Vision Insurance Program (FEDVIP)

#### FEHB Open Season includes Dental and Vision Insurance Program

In addition to health insurance, federal employees may sign up for the Federal Employees Dental and Vision Insurance Program (FEDVIP).

If employees enroll by Web site, there will be a one-time log in procedure to create their BENEFEDS account. Employees may compare plans, or choose the plan they want to enroll in. Employees will be issued a user name which they may change at a later time. Employees will create their own password. Employees who are enrolling in only vision or only dental will complete first part. If employees wish to enroll in both vision and dental, the site will direct employees to the second part to enroll for the second plan.

The telephone process is similar. BENEFEDS estimates this first time log in and enrollment will take approximately 20 minutes.

The site will also ask employees which FEHB plan they are enrolling

See **FEHB**, page 3

## CFC offers opportunity to donate to veterans organizations

Story by  
**MIKEY GRAZIANO**  
APG CFC Chairman

One way federal employees can show their support to the nation's veterans is through the Combined Federal Campaign.

Donations can be made to the organizations that provide financial assistance to college bound students, physical therapy and aid to family members of men and women serving or who have served in the armed forces.

A description of each organization can be located in the 2006 Contributor's Guide.

**7582** Army Community Service, 410-278-2500, [www.apg.army.mil](http://www.apg.army.mil)  
**3093** Fort Meade Army Community Service, 301-677-4808, [www.ftmeade.army.mil/acs.htm](http://www.ftmeade.army.mil/acs.htm)

**2100** Military Veterans and Patriotic Service Organizations of America, 800- 626-6526, [www.pvpsoa.org](http://www.pvpsoa.org)

**2103** American Defense Institute, 703-519-7000, [www.ojc.org](http://www.ojc.org)

**2104** Air Warrior Courage Foundation, 540-442-7782, [www.airwarriorgcourage.org](http://www.airwarriorgcourage.org)

**2152** AMVETS Charities, 800-810-7148, [www.amvets.org](http://www.amvets.org)

**2157** Armed Forces Family Survivors Fund, 800-340-HERO, [www.fallen-heroesfund.org](http://www.fallen-heroesfund.org)

**2136** Armed Forces Foundation, 212-957-7020

**2139** Armed Forces Veterans Homes Foundation, 800-638-0594, [www.vethomesfoundation.org](http://www.vethomesfoundation.org)

**2107** Blinded American Veterans Foundation, 800-242-0161, [www.bavf.org](http://www.bavf.org)

**2108** Disabled American Veterans (DAV), 859-441-7300, [www.dav.org](http://www.dav.org)

**2117** Fisher House Foundation, 888-294-8560, [www.fisherhouse.org](http://www.fisherhouse.org)

**2109** Hospitalized Veterans Writing Project, 913-432-1214, [www.veteransvoices.org](http://www.veteransvoices.org)

**2118** Military Chaplains Association of the USA, 703-533-5890, [www.mca-usa.org](http://www.mca-usa.org)

**2113** National Military Family Association, 800-260-0218, [www.nmfa.org](http://www.nmfa.org)

**2159** Pentagon Memorial Fund, 202-687-0327, [www.pentagonmemorial.net](http://www.pentagonmemorial.net)

**2160** Tragedy Assistance Program (TAPS), 202-588-8277, [www.taps.org](http://www.taps.org)

**2154** Veterans of Foreign Wars Foundation, 816-756-3390, [www.vfw.org/foundation](http://www.vfw.org/foundation)

**2115** Vietnam Veterans Assistance Fund, 301-589-4613, [www.vvfund.org](http://www.vvfund.org)

**2161** Women in Military Service for America Memorial Foundation, 800-222-2294, [www.womensmemorial.org](http://www.womensmemorial.org)

**2142** Young Marines, 202-889-8745, [www.youngmarines.com](http://www.youngmarines.com)

The 2005 Contributor's Guide for national/international organizations is at Web site <http://www.cfccmd.org>. Paper copies of the guide and pledge cards are available from each organizational key worker or at the APG CFC Office. For more information, visit the APG CFC Office at building 4302, or call Admin Support, 410-278-0199/0197.

## Focus on Veterans Pride Nov. 8



Photo by YVONNE JOHNSON  
APG Garrison and deputy installation commander Col. John T. Wright signs a proclamation during the Aberdeen Proving Ground Retiree Appreciation Day Oct. 21 encouraging veterans to participate in this year's Veterans Pride Initiative by wearing the medals they earned during military service on Wednesday Nov. 8. (See Retiree Appreciation day story on page 2.)

# Veterans' voices

## Benefits, services focus of APG retiree day

Story by  
**YVONNE JOHNSON**  
APG News

Hundreds of area military retirees attended the Aberdeen Proving Ground Retiree Appreciation Day at the Post Recreation Center Oct. 21.

Retired Col. Charles Shadle, chairman of the APG Retiree Council, hosted the program.

Maj. Gen. Roger A. Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command, and Col. John T. Wright, APG Garrison and deputy installation commander, presented remarks and a host of exhibitors presented displays and information detailing current benefits and services as well as future changes on the installation and within the Departments of the Army and Veterans Affairs affecting retirees.

In addition, Kathy Abey, district representative for the Living History Project, briefed on the Veterans History Project.

Wright opened with the announcement that the Department of Veterans Affairs, as a part of its 'Veterans Pride Initiative,' is encouraging all veterans to wear the medals they earned during their military service on Veterans Day, Nov. 11.

Going the promotion one better, Wright signed a proclamation requesting that local veterans working on APG wear their medals to work on Wednesday, Nov. 8.

"We are encouraging APG veterans to show their pride and we encourage everyone else to do the same," Wright said as he signed the proclamation.

"This day is about you," he added. "It's about recognizing what you have done and giving you the opportunity to ask questions."

Assisted by Abey and Ken Masoner, chairman of the APG 90th Anniversary Committee, Wright displayed the anniversary logo and encouraged all to get involved with the year-long observances that will run from January 2007 to January 2008.

One of the main ideas of the observance is to gather a living history of those who lived and worked on APG, Wright said.

"Some were born on APG and spent their entire lives here," he said.

Nadeau spoke on anticipated changes due to the Base Realignment and Closure initiative and the Army's funding problems as well as APG's continuing commitment to its veterans.

He said that while the Army is struggling with money woes, "we have had to make many difficult calls because of it, and we are more than happy to talk to you about that."

"Thank you for coming and please ask the hard questions," Nadeau said. "This is a very important forum for us. We take what we learn here back to determine how we can better serve

the retiree population."

Abey, who leads Veterans History Project volunteers at Harford Community College, provided a large display detailing the purpose and benefits of the project.

"Aligning with the 90th Anniversary Committee was a part of the natural process," she said, noting that the majority of the veterans they interview "have APG ties."

Her presentation featured photographs of APG Soldiers and civilians at work, computers, vehicles, tanks, buildings and test sites dating back to the 1920s.

"This is part one of what will be a complete pictorial history," Abey said.

Assisting Abey were two volunteers, Katie Gettier, a senior from Fallston High School and Alicia Bonney from Harford Community College.

Guest presenters included Col. John Sackett, U.S. Army Human Resources Command, who spoke on the Combat Related Special Compensation program, and Mike Plumer, national military and benefits advisor for the National Association of the Uniformed Services, who spoke about the advantages of membership with the organization.

**Combat-Related Special Compensation**

CRSC is a congressionally mandated program providing compensation for eligible retired veterans with "combat related" injuries who have a 10 percent to 100 percent Veterans Affairs disability rating. It replaces the VA disability compensation that is subtracted from retired pay, restores military retired pay with tax free monthly payments, is paid retroactively, and it recognizes veterans for their sacrifice.

"Those who are retired with 20 years of service, with a 10 percent or greater VA rated injury, receiving military retired pay that is reduced by VA disability payments are eligible to apply for CRSC," Sackett said, as long as their injury is the result of training that simulates war, hazardous duty, instrumentality of war such as combat vehicles or Agent Orange, or armed conflict, such as gun shot wounds."

Sackett encouraged all who served in combat zones to learn more about CRSC and to spread the word as ambassadors.

"We travel all over the country and have information online, and on television trying to get the word out to the thousands of veterans who may not know they are eligible for this program," he said, "but we need your help verbally. If you can become a CRSC ambassador, we can give you all the tools you need to go out and give these presentations."

For more information visit the **CRSC Web site, <https://www.hrc.army.mil/site/crsc/>** or call 1-868-



Capt. Shanekia Cain, Community Health Nurse for Kirk, U.S. Army Health Clinic, right, chats with Army retiree Victor Bierlair of Havre de Grace while taking his blood pressure during Retiree Appreciation Day at the Post Recreation Center Oct. 21.

281-3254.

**National Association of Uniformed Services**

A 23-year veteran of the Navy, Plumer briefed attendees on the goals of NAUS. He described it as a "nonprofit, non-partisan organization representing all uniformed services with an affiliate organization known as the Society of Military Widows, whose focus is protecting the earned benefits of uniformed service members, retirees, veterans and their family members and survivors.

Membership is open to active, retired or veterans of the seven uniformed services: Army, Navy, Air Force, Marines, Coast Guard, National Oceanic and Atmospheric Administration and the U.S. Public Health Service.

"We are one of two Veteran Service Organizations, along with the VFW, that have legislative people in place, which means that congressmen and senators are constantly in touch with us," Plumer said.

NAUS is the only military association with its own political action committee (NAUS-PAC), giving NAUS members an additional avenue for access to members of Congress.

For more information or to apply for membership visit the NAUS Web site, **[www.naus.org](http://www.naus.org)**.

**Roundtable discussion**

A roundtable discussion featuring representatives of key services on APG included Perry Point VA Medical Center, USFHP at Johns Hopkins, TRICARE, Office of the

Staff Judge Advocate, the Veterans Administration, Morale, Welfare and Recreation, the Army & Air Force Exchange Service, the Post Commissary and the Social Security Administration.

**Key comments from panel members:**

- The Perry Point VA Medical Center, part of the Maryland Health Care System, has served Maryland service members and veterans on about 400 acres of land and facilities since 1917. Perry Point recently opened its own museum. Hours are 9 a.m. to 3 p.m., Monday thru Friday.
- TRICARE representative Renee Smith is located in Kirk U.S. Army Health Clinic, first floor, room 9. Call 410-278-1719.
- Field representatives Frank Harris and April Tinker informed attendees that the U.S. Family Health Plan at Johns Hopkins offers TRI-CARE Prime enrollees alternate health care options. For more information, call 1-800-801-9322.
- Marie Joiner, Staff Judge Advocate acting chief of Client Services, said that the legal offices provide legal assistance and claims support including living wills and powers of attorney. It also offers notary services and tax preparation services during income tax season, all at no cost to the client.
- Ron Woodard, manager of the Post Commissary, reminded customers that the commissary is there to serve all their needs.

"The 30 percent daily savings speaks for itself," he said. He added that that holiday items, such as German foods and other international

specialties, are already in stock.

He added that the recent seafood weekend was a "huge success."

"Customers were totally happy about it," he said. "We are planning another one in the spring."

The commissary will be open on Veterans Day, Nov. 11 and Nov. 20, the Monday before Thanksgiving. It closes on Thanksgiving, Nov. 23 and Friday, Nov. 24, and reopens Saturday, Nov. 25.

**Other services**

One of the largest Retiree Appreciation Days ever, the event included more than a dozen organizations offering services, information and memberships to area retirees.

Kirk U.S. Army Health Clinic offered blood pressure checks and health advice by Capt. Shanekia Cain, chief of Preventive Medicine, and Milagros Borrero-Ruiz, Community Health Nurse. The two provided advice about blood pressure and cholesterol and answered health-related questions.

Community Police Officer Mike "Big Mike" Farlow provided a display of safety information for adults and children, and the Civilian Welfare Fund's Angela Keithley told visitors about numerous trips and events planned during the coming year.

"There's a lot of interest," Keithley said, "and a lot of people here today are regular participants."

The Korean War Veterans Association Chapter 271 display was manned by Dave Mial, secretary, and Nick Guerra, past commander and treasurer. The display included

**See RETIREE, page 10**

## APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,800.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser,

user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to [editor@apg.army.mil](mailto:editor@apg.army.mil).

Deadline for copy is Thursday at noon for the following Thursday's paper.

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# FEHB

From front page

in. Employees making an open season change for FEHB need to list the new plan they are enrolling in.

Suggested enrollment if you carry FEHB and Flexible Spending Account is:

- FEHB
- FEDVIP
- FSA (Employees may want to consider the dollar amount they have previously selected for FSA since FEDVIP may now cover some of their additional costs)

Brochures will be posted Nov. 7. Several plans for dental and vision insurance are available to choose from.

**Dental**

*Nationwide plans*

Nationwide plans include nationwide coverage as well as coverage overseas.

- Aetna

Plan Type – Preferred Provider Organization (PPO)

800-537-9384

**www.aetnafeds.com**

- GEHA

Plan Type – Preferred Provider Organization (PPO)

877-434-2336

**www.gehadental.com**

- MetLife

Plan Type – Preferred Provider Organization (PPO)

888-865-6854

**www.federaldental.metlife.com**

- United Concordia

Plan Type – Preferred Provider Organization (PPO)

877-394-8224

**www.uccifedvip.com**

*Regional plans*

Regional plans provide coverage in designated locations. Regional plans do not provide international coverage.

- CompBenefits

Plan Type – Fee for Service (FFS/PPO Closed Panel)

Service Area – All of Alabama, Arkansas, DC, Florida, Georgia, Illinois, Indiana, Kansas, Kentucky, Louisiana, Missouri, Mississippi, North Carolina, Ohio, Oklahoma, South

# Guard

From front page

The meal included donated pit beef and hams from Susan and Russell Dodds, the family of Sgt. Joseph Beale and American Legion Post 182 in Whiteford. In addition, a blanket bearing the units' group photo was raffled off one of the returning Soldiers, and family members assembled autograph books for their returning Soldier while awaiting the buses.



Carolina, Tennessee, Texas, Virginia, and West Virginia, and most of Maryland.

877-692-2468

**www.fed.dentaladvantage.combenefits.com**

**Vision**

All vision plans provide nationwide coverage and also serve members overseas.

- Blue Cross and Blue Shield (BCBS)

Plan Type – Preferred Provider Organization (PPO)

888-550-2583

**www.fepblue.org**

- Spectera

Plan Type – Preferred Provider Organization (PPO)

866-375-3263

**www.spectera.com/myfedvision**

Vision Service Plan (VSP)

Plan Type – Preferred Provider Organization (PPO)

800-807-0764

**www.choosevsp.com**

For more information or to enroll in FEDVIP, call the BENEFEDS phone representatives 9 a.m. to 9 p.m. EST, Monday through Friday and 9 a.m. to 9 p.m. EST Saturday and Sunday during the last weekend of Open Season at 1-877-888-FEDS (1-877-888-3337), TTY 1-877-889-5680, or visit **http://www. benefeds.com/** or the OPM Website at **www.opn.gov/ insurance/dentalvision**.

**Highlights/Additional Information to Consider**

- New option with FEDVIP – Employees may enroll for self only, self +1, or self and family. If employees enroll for self +1, they must identify the additional family member.
- There will be an open season every year as there is with FEHB – dates will run concurrently.
- Coordination of benefits: FEHB will be the primary, FED-VIP will be secondary.
- There will be no temporary continuation if employees resign/terminate. Benefits will terminate at the end of the pay period in which employees resign.
- As with FEHB, employees do not have to re-enroll each open season. Employees will automatically stay under the plan you selected unless they wish to cancel or change plans.
- There are no pre-existing condition exclusions. However; there may be a waiting period for orthodontia only – periods vary by plan.

return of their loved ones.

Lee and Jane King, the parents of Sgt. 1st Class Kevin King, donated personalized bottles of wine for each returning Soldier. Lee King bottled and prepared the wine himself.

“We started about six months ago to have it ready for today,” he said of the donation which included bottles of



Merlot, Chardonnay and Cabernet Sauvignon.

Jane King said that it was their don’s second deployment.

“He deployed with the Navy during Desert Storm,” she said. “We cope mostly by keeping busy. It helps not to watch the news so much.”

- Employees may only cancel FEDVIP if they are deployed and going on LWOP-US. Employees cannot opt out of the pre-tax waiver as they can with FEHB, therefore, employees CAN-NOT cancel their enrollment until the next open season.
- FEDVIP/Plan Carriers reserve the right to request documentation for eligible family members (i.e. marriage license, adoption records, etc.)
- FEDVIP/Plan Carriers may also request documentation for disabled children over age 22. If determination has been previously made for FEHB, employees may want to obtain a copy in case FEDVIP requests, or they may need to supply a new physician’s statement.
- Employees who are going on LWOP or retiring will want to contact FEDVIP so they may flag their record. While on LWOP, employees may make “accelerated payment” – pay ahead before they go on LWOP.
- There is no 5-year rule for retirees as with FEHB. Employees can carry over into retirement, or they may enroll in coverage during an open season after they retire. All annuitants will be eligible to enroll.





MORALE, WELFARE & RECREATION

Magictainment show coming to APG

Story by  
**YVONNE JOHNSON**  
APG News

Come experience magic like it’s never been seen before at Aberdeen Proving Ground.

Morale, Welfare and Recreation presents Magic-tainment, featuring magician David Breth and friends as he brings his world-renowned magic show to APG, 7:30 p.m., Dec. 2, at the Recreation Center, building 3326.

The unpredictable comedy and magic show includes amazing illusions, invisible sleight-of-hand, escapes from locked trunks and more.

Breth is an award-winning business speaker and profes-sional magician from Abingdon, who specializes in

corporate events and trade shows. He is a member of the International Mentoring Network Organization and the founder of Maryland’s local chapter of Project Magic, a charity program started by magician David Copperfield.

Breth has been recognized by the USA Today Entrepre-neur’s Panel as an “entertain-ment and marketing expert and an accomplished corporate and keynote speaker”.

With more than 10 years of public appearances, Breth delivers power-packed, magi-cal and entertaining shows that leave audiences scratching their heads and wondering “How’d he do that?”

Through a blend of magic, comedy and audience partici-

pation, Magictainment deliv-ers a clean, high-energy show.

“It’s amazing how he can make things appear and disap-pear in your hand,” said MWR programmer Earlene Allen.

Tickets cost \$10 for adults and \$5 for youths ages 6 to 12. Children ages 5 and under are free.

Purchase tickets at MWR Registration, building 3326, 410-278-4011. For more infor-mation, call Allen, 410-278-3854.

SCHOOL LIAISON

What to say to the children left behind

Story by  
**EILEEN CAMPBELL**  
MWR

Military and non-military parents attended a recent Roye-Williams PTA meeting and discussed the activities of the APG School Liaison Officer.

While providing ways to help with military transitions, the SLO was asked how to assist the friends of the children that were moving.

A parent suggested that the children who are left behind expe-rience the devastation of loss also.

It was thought that perhaps reading books on ‘feelings about moving’ might assist parents in dealing with their unhappy children.

The bibliography below was then compiled by Kori Templeton, media specialist at Roye-Williams Elementary School.

“More students move around Christmas (than now) but I hope this will help,” Templeton said. “It is being offered now in an effort to help parents prepare for future disruptions.”

After reading together, the opportunity may arise for parents to share suggestions on overcoming the loneliness of being left behind, or having to move and adapt to sudden change.

For more information, call 410-278-2857.

Suggested reading on children’s moves

*We are best friends* by Alik  
When Robert’s best friend Peter moves away, both are unhappy, but they learn that they can make new friends and still remain best friends.

*Best friends together again* by Alik

When Robert’s best friend Peter, who moved away, comes back to visit, various emotions surface, but mostly pleasure – which all the old friends share.

*Franklin’s bad day* by Paulette Bourgeois

When Franklin the turtle’s best friend Otter moves away it makes him feel sad, grumpy, and a little bit mean, but Franklin cheers up after shar-ing a heart-to-heart talk and a hug with his father.

*My neighborhood: places and faces* by Lisa Bullard

Libbie gives a tour of her neighborhood to a boy just about her age whose family is moving in next door.

*A new room for William* by Sally Grindley

When William and his mother move, he is unhappy about having a new room, but he changes his mind after he gets dinosaur wallpaper and makes a new friend.

*Friends* by Helme Heine

Three inseparable friends discover that there are times when it is not always possible to be together.

*Annie Bananie* by Leah Komaiko

Sad because her best friend, Annie Bananie, is moving away, a little girl remembers all the fun they had together.

*Alexander, who’s not (do you hear me? I mean it!) going to move* by Judith Viorst

Angry Alexander refuses to move away if it means having to leave his favorite friends and special places.

*Megan has to move* by Jacqueline A. Wolfe

Megan is sad about moving and leaving her friends but she soon discovers the positive aspects of living in a new place.

*Amber Brown is not a crayon* by Paula Danziger

The year she is in the third grade is a sad time for Amber because her best friend, Justin, is getting ready to move to a

distant state.

*Good-bye, Stacey, good-bye* by Ann M. Martin

When Stacey and her fami-ly move back to New York, the club members try to think of a very special way to say good-bye to her.

*Mallory on the move* by Laurie B. Friedman

After moving to a new town, eight-year old Mallory keeps throwing stones in the “Wishing Pond” but things will not go back to the way they were before, and she remains torn between old and new best friends.

*More Growing up Stories* by Kathleen Zoehfeld

Winnie the Pooh stories that are based on concerns of young children like moving, helping and baby-sitting.

Visit **APG News**  
online at  
**www.apgnews.**  
**apg.army.mil**

## Amateur boxing returns Saturday



Photo by YVONNE JOHNSON  
*Morale, Welfare and Recreation hosts Amateur Boxing Night between fighters from the 16th and 143rd Ordnance battalions this Saturday, Nov. 4. Doors open at 5 p.m. and the event begins at 6 p.m. Tickets cost \$5 for active-duty military, \$10 for civilians and \$20 for front-row seating. Admission is free for children age 6 and younger. Tickets can be purchased at MWR Registration, building 3326, 410-278-4011/4907 or at Hoyle Gym and Fitness Center, building E-4210, 410-436-7134.*

## APG Bowling Center Snack Bar specials

**Building 2342**

**Week of Oct. 30**

Special #1: Chicken salad sub (choice of mayonnaise, lettuce, tomato, pickles and onions), chips, one cookie and soda for \$7.35

Special #2: Grilled cheese sandwich, soup of the day, one cookie and soda for \$4.75

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m..

### LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, located in the Recreation Center, are 1 to 5 p.m., Saturday and Sunday, 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

**The following are a few of the new audiobooks on CD titles available at the APG MWR Library:**

**Hit Parade by Lawrence Block**

**Ricochet by Sandra Brown**

**Motor Mouth by Janet Evanovich**

**The Mission Song by John LeCarre**

**The Ruins by Scott Smith**



The library's Web site, [www.apgmwr.com/recreation/libraries.html](http://www.apgmwr.com/recreation/libraries.html), provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

**POST SHORTS**

**Visit the CFC Booth,  
Nov. 2, 14, 15**

A CFC information booth will be set up at the AAFES post exchange lobby, 10 a.m. to 2 p.m., Nov. 2 and 14, and at the Recreation Center building

3326, for Newcomers Orientation Day, 1 to 3 p.m. Nov. 15.

**CDC, CYS opens for  
special hours**

For those parents who want

to get a jump on their holiday shopping, APG North Child Development Center and Youth Services will be open 1 to 8 p.m., Dec. 2 and APG South CDC and Youth Services will be open 1 to 8 p.m., Dec. 9. Special activities, dinner and snack will be provided for \$25 for the first child and \$20 for each additional sibling.

Register by Nov. 21 for APG North and Nov. 28 for APG South.

All children must be registered members of CYS.

Registration fee is \$18 per child with a maximum of \$40 per family for those children who are not CYS members.

To make an appointment, contact Central Registration, 410-278-7479/7571.

There is a minimum of 10 children required per site for this special opening. Spaces are limited, so register early.

**MCSC hosts bingo**

The Military and Civilian Spouses' Club will host a basket bingo Nov. 3 at the Aberdeen Fire Hall. Doors open at 6 p.m. and the games will begin at 7 p.m.

Tickets cost \$12 per person (for 20 games). Additional sets may be purchased for \$5 and refreshments will also be available.

Proceeds will go back to the community in the form of welfare and scholarship monies.

To purchase tickets, call Judi Wurm, 410/272-8271 or Gloria DeBerry, 410/273-1926 as the amount of tickets available at the door may be limited.

**Amateur Boxing  
Night**

Morale, Welfare and Recreation will host Amateur Boxing Night between fighters from the 16th and 143rd Ordnance battalions at the APG Athletic Center, Nov. 4. Doors open 5 p.m. and the event begins at 6 p.m.

Tickets cost \$5 for active-duty military, \$10 for civilians and \$20 for front row seating. Admission is free for children six years of age and younger.

Purchase tickets at MWR Registration, building 3326, 410-278-4011/4907 or at Hoyle Gym and Fitness Center, building E-4210, 410-436-7134.

**Veterans Day refuse  
pickup schedule**

The following changes will be made to the refuse removal throughout the family housing locations.

November 6 – New Chesapeake and all of APG South.

November 7 – Trailer Park, Bayside, Plumb Point Loop, School Street and Hopkins Loop

November 8 – Recycling  
November 9 – Patriot Village

November 10 – No trash removal.

**Blood drive rescheduled for Nov. 14**

The Headquarters and Headquarters Company, U.S. Army Garrison installation blood drive previously scheduled for Oct. 23, is rescheduled for 9 a.m. to 2 p.m., Nov. 14, at the Edgewood Chapel.

The Blood Drive is open to everyone. Appointments are encouraged in order to decrease wait times; but walk-ins are welcome.

The drive is sponsored by the Armed Services Blood Program and all blood collected will only be distributed within the military community.


To make an appointment or for more information, call Ruby V. Ferrer, 410-278-3000.

**Upcoming  
Veterinary Clinic  
closings**

The APG Veterinary Treatment Facility will be closed Nov. 10 for the Veterans Day holiday; Nov. 23 and 24 for Thanksgiving, and Nov. 30 for inventory.

For more information, contact the VTF, 410-278-3911/ 4604.

*(Editors Note: More shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.)*



## Chapel Services

### PWOC supports Operation Christmas Child

The Protestant Women of the Chapel, in partnership with the Aberdeen Proving Ground Chapel, is gathering gifts for Samaritan's Purse -- Operation Christmas Child.

Operation Christmas Child distributes shoe box-sized gifts to children in desperate situations around the world.

Anyone can participate by filling a shoe box with a variety of gifts for either a boy or girl ages 2 to 4, 5 to 9 or 10 to 14. Filled boxes or donated items can be dropped off at the APG Chapel thru Nov. 12.

For more details, visit [www.samaritanspurse.org/occ](http://www.samaritanspurse.org/occ). or call Chaplain (Maj.) Fred MacLean, 410-278-4333.

# Community Notes

**THURSDAY  
NOVEMBER 2  
MILITARY APPRECIATION DAY**

The U.S. Holocaust Memorial Museum will hold its second annual Military Appreciation Day Open House, 10 a.m. to 5:30 p.m., in conjunction with Veteran's Day. All active-duty, retired, and family members are invited to attend.

Participants will include liberators and Holocaust survivors. All veterans, active duty military and family members will receive a complimentary military pass to enter the permanent exhibit, "The Holocaust." A children's exhibit also is available.

Liberators will be speaking at scheduled times.

For more information, call Patrick Horne, 202-488-6188.

**SATURDAY  
NOVEMBER 4  
WHAT ON EARTH IS GEOCACHING?**

Explore the art of Geocaching. 'Geo' for geography, and 'caching' is for the process of hiding a cache or treasure. Those that like hiking and the idea of treasure hunting can try this entertaining new sport that is an outdoor adventure game for all "GPS" users, including families. Bring a GPS Unit if possible. This program is for ages 6 to adult, 6 to 12 with an adult and is free from 9 to noon. Reservations are required. For information, directions to the Anita C. Leight Estuary Center or to make a reservation, call 410-612-1688 or 410-879-2000, ext. 1688.

**PROJECT WILD WORKSHOP**

Educators and children's group leaders are invited to take part in Project WILD activities while learning to use the take-home curriculum and activity guides. These guides are invaluable wildlife education resources and can be used to teach children K-12 about wildlife and natural resources. Pack a lunch. This program is for adults and is free from 10 to 3:30 p.m. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**WEE WONDERS ABOUT BIRDS**

Listen to a story, and using the sense of touch head outside to see the birds of Leight Park. This program is free and is from 1 to 2 p.m. for ages 0 to 4. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**SUNDAY  
NOVEMBER 5  
NATURETALES**

Explore nature through a story. Listen to a tale about an animal or a habitat. Story time may include meeting a live critter, a simple craft or acting out the story. This program begins at 12:30 p.m.; drop in, no registration, free. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**TEA-SHIRT**

Tea-dye a T-shirt using natural tea leaves and then decorate it with beads and potato stamp art. Bring a 100 percent cotton white T-shirt. This program is from 2 to 4 p.m. for ages 5 to adult, 5 to 8 with an adult and is \$3.50. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**MONDAY  
NOVEMBER 6  
GUNPOWDER TOASTMASTERS MEET**

Gunpowder Toastmasters

Club 2562 will meet at 11:45 a.m. at the Gunpowder Club in Edgewood. The club is open to anyone on or off post who wants to learn how to speak in public and improve their communication and listening skills.

For more information, call Len Kolodny at 410-734-6573.

**SATURDAY  
NOVEMBER 11  
SEASON FINALE CANOETRIIP**

Cruise the marsh as fall colors fade into winter. This program is \$10 and is from 11 to 1:30 p.m. for ages 8 to adult, under 13 with an adult. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or

410-879-2000, ext. 1688.

**BASKET BINGO**

Basket Bingo to benefit the Harford County Senior Emergency Fund will be held at the Aberdeen Fire Hall, Rogers Street. Doors open 6 p.m., Bingo starts 7 p.m. Tickets cost \$10 each in advance, or \$12 at the door. Additional sets of three cards costs \$5. Special games, food, dessert table beverages, door prizes and raffles will be available.

For more information or to purchase tickets, call Jean, 443-375-8679, Karen, 410-838-3222, or Barbara, 410-420-7950.

**BASKET BINGO**

The Geriatric Assistance and

Information Network will sponsor Basket Bingo to benefit the Harford County Senior Emergency Fund at the Aberdeen Fire Hall located on Rogers Street. Doors open at 6 p.m., Bingo starts 7 p.m. Tickets cost \$10 each in advance and \$12 each at the door. Additional sets of three cards costs \$5. Cost of the ticket includes food, a dessert table, drinks, door prizes, special games and raffles.

For more information or to purchase tickets, call Jean, 443-375-8679, Karen, 410-838-3222, or Barbara, 410-420-7950.

*(Editors Note: More calendar events can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Community Notes.)*

**MOVIES**

**ADMISSION:**  
**ADULTS \$3.50,**  
**CHILDREN \$1.75**

**Building 3245**  
**Aberdeen Boulevard**

**To verify listing,**  
**call 410-272-9008,**  
**or visit**  
**[www.aafes.com](http://www.aafes.com)**  
**and click on**  
**"Movie Listing."**

**JACKASS      NUMBER**  
**TWO**

Friday, Nov. 3, 7 p.m.

**JET LI'S FEARLESS**  
**(FREE ADMISSION)**

Saturday, Nov. 4, 7 p.m.

**FLYBOYS**

Saturday, Nov. 4, 9 p.m.

# American Legion offers way to thank veterans, troops on Veterans Day

*The American Legion*

November 11, 2006 marks the fifth consecutive Veterans Day as a nation at war.

With thousands of troops deployed overseas, The American Legion has re-launched a free, easy way to thank them for their service.

“In today’s computer age, what better way to say ‘thank you’ to a veteran or a service member serving thousands of miles from home than a musical greeting card with a personalized message that will reach them almost instantaneously,” said Paul A. Morin, national commander of The American Legion.

Anyone who has an e-mail address can receive the special cards.

Creating the card is quick and easy at The American Legion Web site, **www.legion.org**.

The site offers e-mail cards representing each military



service along with the service song that plays when the card is opened. Each card provides plenty of space to compose a personal message.

Greeting cards may be sent directly to active duty service men and women if their military e-mail addresses are known.

“As our troops continue to

serve in harms way, as countless thousands before them did in other wars, a message of support and thanks means more to a veteran than you realize,” Morin said. “Please take a few moments to use this free service and brighten the day of one or more of America’s veterans.”

## Retiree

*From page 2*

applications and pamphlets.

“We’re always looking for new members and a lot of people have shown an interest today,” Mial said.

Guerra said that membership in the chapter is open to anyone who served in Korea as well as those who served during the war years and beyond.

“Just about anybody is eligible to join,” he said. “You do not have to have been in combat.”

Hosting the Association of the United States Army display was Luis Fernandez of Veterans of Foreign Wars post 10028 in Aberdeen and president of the APG chapter of AUSA.

“I’m here to educate retirees and veterans about AUSA and

its role in supporting veterans’ interests in Washington, D.C.,” Fernandez said.

Other displays included MWR programs, classes, trips and events; the APG Federal Credit Union; Freedom Federal Credit Union; the Military Officers Association of America; the Retired Officer’s Wives Club; the U.S. Army Ordnance Museum Foundation and SI International.

In addition, the Garrison’s Directorate of Information Management’s Visual Information Services Division presented an impressive display hailing Soldiers through the ages, featuring the transition of Army boots.

Shadle said he was very pleased with the turnout and participation. He thanked the *APG News*, Janet Dettwiler, acting Garrison adjutant, Barry Decker, co-chairman

Retiree Council, retired Lt. Col. Joseph Traino, council member, and all supporters and exhibitors.

“The presentations and panels went well and I was particularly impressed with Colonel Sackett’s presentation,” Shadle said. “I think everyone can agree that APG is serious about supporting retirees.”

Mary Bensinger, the Aberdeen widow of an Army retiree agreed.

“It was all very informative,” Bensinger said. “I especially liked the presentations by [Nadeau] and [Wright]. They seemed very informed and easy to talk to.”

Gitta Krzewski of Havre de Grace agreed.

“I wouldn’t miss this. I come here every year,” she said. “They always go out of their way to make sure we stay informed, and every year I learn something new.

# America’s Army online game adds ‘Real Heroes’

## Soldiers recognized with video game, action figures

Army News Service

“America’s Army” online video game launched its newest version, “America’s Army: Special Forces (Overmatch),” Sept. 18.

The new addition features “America’s Army: Real Heroes,” a program that honors Soldiers who’ve shown heroism in the war on terror.

So far, “Real Heroes are modeled after eight Soldiers who’ve received an award for valor for actions in operations Enduring Iraqi Freedom. In addition to being virtual in-game characters, the heroes are being modeled for action figures that will be sold in retail stores.

Chris Chambers, deputy director of the Army Game project, said the new characters were created to inspire Americans and highlight the values, teamwork and courage that are the fabric of today’s Army.

“There are thousands of enlisted Soldiers who have been awarded medals for bravery and valor in combat, but their stories are largely unknown to the American public,” Chambers said.

In the past century, most Americans were well aware of, and looked up to, Soldiers like Sgts. Audie Murphy and Alvin York, he added.

“There is a great need for the public to learn the stories behind our current generation of Soldiers,” he said.

America’s Army shows more than 7.5 million registered users what it’s like to be a Soldier. Players assume virtual roles as special forces, infantry or medical Soldiers, explore individual and collective training, and eventually participate in simulated war on terror missions.

In the game’s latest version, players will be able to meet and interact with the Real Heroes, and hear their stories told through a video and in the real Soldier’s own words on the America’s Army Web site, [www.americasarmy.com](http://www.americasarmy.com).

The first four Soldiers to become Real Heroes are Sgt. 1st Class Gerald Wolford, Maj. Jason Amerine, Sgt. Tommy Rieman and Sgt. Matthew W. Zedwick. Action figures and in-game characters will launch later this year for Master Sgt. Scott Neil, Sgt. Leigh Hester, Spc. Jason Mike and Staff Sgt. Timothy Nein.

Wolford was most recently a reconnaissance platoon sergeant assigned to the 82nd Airborne Division at Fort Bragg, N.C., and is currently attending Officer Candidate School at Fort Benning, Ga.

A Silver Star recipient, Wolford was chosen for the program for his actions during the fight for key river crossings across the Euphrates River during offensive operations to defeat the Iraqi army in the early stages of OIE. He repeatedly placed himself and his vehicle in direct contact with the enemy while protecting the advance of friendly dismounted infantry. Even after he and two members of his section sustained shrapnel wounds from RPG fire, Wolford continued to expose himself to hostile fire in order to evacuate casualties, reposition his men and redistribute weapons and equipment.

Wolford said he’s honored and humbled to be a part of the America’s Army Real Heroes Program.

“I’m hoping that through this program people can read of the experiences of myself and others and find the motivation to succeed and work harder at what they do, whether in the Army or civilian life,” he said.

Wolford also hopes the program inspires others to join the Army after seeing that “heroes” are really just ordinary people



Photo by

*Along with eight other Soldiers, Sgt. 1st Class Gerald Wolford is being recognized through America’s Army: Real Heroes Program for showing heroism in the war on terror. In addition to being virtual in-game characters for America’s Army, the Soldiers are being modeled for action figures that will be sold in retail stores. This figure depicts Wolford.*

who face extraordinary situations and react in a way most people would hope to if faced with something similar.

“It’s important for people to realize Soldiers are doing the right thing and living by the values that we have had instilled in us,” he said. “Most Soldiers do exceptional acts every day and are so seldom recognized.”

Wolford has worked closely with game developers to record his own in-game lines and ensure his character correctly conveys his story. Like other Soldiers in the program, Wolford wants to make sure the spotlight is not on him, but rather on his team.

“With or without the recognition or the Silver Star, or anything that comes with that, when I led my men in Iraq that day on the Euphrates, I had four of my men who had received bronze stars for valor, and that validated everything that I had been taught,” he said.

Real Heroes is the 22nd addition to the America’s Army game. Players will have access to such new weapons systems as the Javelin Missile and the CrewRemoteOperatedWeapon Station, as well as increasing mobility, action and firepower.



## Channel 21 features Pentagon Channel programming

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated as necessary.

### Monday

- ATS Reloaded, 5:30 a.m.
- American Veteran, 9:30 a.m.
- Army Newswatch, 11 a.m.
- Inside Afghanistan/FJ Iraq, 1 p.m.
- Around the Services, 5:30 p.m.
- Focus on the Force, 10 p.m.

### Tuesday

- Around the Services, 8 a.m. and 8 p.m.
- RECON, 11 a.m.
- Focus on the Force, 1 p.m.
- Army Newswatch, 3 p.m.
- Freedom Journal Iraq/Inside Afghanistan, 4 p.m.
- Army Newswatch, 7 p.m.

### Wednesday

- Around the Services, 8 a.m. and 8 p.m.
- Army Newswatch, 9:30 a.m. and 9:30 p.m.
- American Veteran, 1 p.m.
- Inside Afghanistan/Freedom Journal Iraq, 2 p.m.
- RECON, 3:30 p.m.
- Focus on the Force, 6:30 p.m.

### Thursday

- Around the Services, 8 a.m. and 8 p.m.
- Army Newswatch, 9 a.m. and 9 p.m.
- Freedom Journal Iraq/Inside Afghanistan, Noon
- Focus on the Force, 1 p.m.
- RECON, 3:30 p.m.
- American Veteran, 5 p.m.

### Friday

- Around the Services, 8 a.m. and 8 p.m.
- Army Newswatch, 10:30 a.m.
- RECON, Noon
- American Veteran, 2:30 p.m.
- Freedom Journal Iraq/Inside Afghanistan, 4 p.m.
- Focus on the Force, 6:30 p.m.
- ATS Reloaded, 7 p.m.

### Saturday

- Around the Services, 5:30 a.m.
- News Reel Anaconda, 7:30 a.m.
- American Veteran, 1:30 p.m.
- Army Healthwatch, 2 p.m.
- ATS Reloaded, 5:30 p.m.

- Battleground, 7 p.m.
- RECON, 8 p.m.

### Sunday

- ATS Reloaded, 5:30 a.m. and 9:30 p.m.
- Freedom Journal Iraq, 10:30 a.m. and 4:30 p.m.
- Today’s Military, 1 p.m.
- Around the Service, 7:30 p.m.

Army Newswatch – Bi-weekly report on the men and women of the Army.

Around the Services – From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world.

RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. military men and women.

Your Corps – Monthly view of the men and women of the Marine Corps.

Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq.

Navy Marine Corp News – A weekly look at the men and women of today’s sea service.

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the U.S. Air Force.

The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service.

Battleground - Every weekend, this series features historic films from World War II, Korean War, and the Vietnam War. *A Pentagon Channel Original Series.*

Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.

Inside Afghanistan – Presents the latest from Operation Enduring Freedom, showing the activities of American troops in country.

ATS Reloaded – ATS-Reloaded revisits the best of the week and keeps viewers updated on information that’s important.



# Legally Speaking



Office of the Staff Judge Advocate at [http://www.apg.army.mil/apghome/sites/installation/Staff\\_Judge/index.html](http://www.apg.army.mil/apghome/sites/installation/Staff_Judge/index.html)

## IRA contribution prohibition for Soldiers serving in combat zones lifted

### Many can now contribute for tax year 2004 and 2005

Story by  
**ERIC FEUSTEL**  
OSJA

Soldiers who served in combat zones such as Iraq and Afghanistan can now put money into an individual retirement account under the Heroes Earned Retirement Opportunities Act, even if their only income is tax-free combat pay. The HERO Act, signed into law on Memorial Day, 2006, amended a previous restriction that prohibited Soldiers from including tax-free combat pay when determining eligibility for contributions to an IRA.

Of particular note, is the provision in the HERO Act which allows Soldiers to make retroactive IRA contributions for tax years 2004 and 2005.

Eligible Soldiers will have until May 28, 2009, to make these special back-year contributions. For those under the age of 50, the IRA contribution limit was \$3,000 for 2004 and \$4,000 for 2005. For those 50 and over, the limit was \$3,500 for 2004 and \$4,500 for 2005.

Soldiers choosing to put money into a Roth IRA do not need to report these contributions on their individual tax return. Roth contributions are not deductible, but distributions after retirement are tax-free under most circumstances.

Contributions to a traditional IRA must be reported on the tax return in the tax year they are made. Deductible contributions are claimed on Form 1040, 1040A or 1040NR. Nondeductible contributions are reported on Form 8606, which is attached to one of these individual return forms. Contributions to a traditional IRA are often, though not always, deductible, and distributions are generally taxable.

If a tax return has already been filed for 2004 or 2005, contributions to traditional IRAs should be reported on an amended return, Form 1040X. Depending upon the circumstances, Soldiers who choose to put money into a traditional IRA for 2004 or 2005 may qualify for additional tax refunds.

For tax year 2006, the IRA contribution limit is \$4,000 for those under age 50 and \$5,000 for

those 50 and over.

For additional information on personal income tax returns, or traditional and Roth IRA contributions, call the staff of the Client

Services Division, Office of the Staff Judge Advocate, 410-278-1583 or stop by building 310, Wing 2, Monday through Thursday, 8 a.m. to 4 p.m.

### ATTENTION ALL SOLDIERS

Soldiers charged and found guilty of a crime, could face confinement, loss of rank and discharge from the Army.

The APG Trial Defense Service office handles all types of military criminal matters, including felonies, misdemeanors and summary offenses against Soldiers.

Any Soldiers questioned by their chain

of command or the police, advised of their rights or apprehended, should immediately request to speak to an attorney. With so much at stake, it is important to contact an attorney as soon as possible to protect a Soldier's rights and liberty.

Until given the opportunity to consult with an attorney, remember the "4 No's:"

NO

Waiver of rights  
Statements (oral or written)  
Polygraphs  
Consent to be searched

For more information regarding these issues, or a Soldier's rights involving a military criminal matter, call the APG Trial Defense Service office, 410-278-2156 or DSN 298-2156.

## Political

*From front page*

in any political activity while on duty including the wearing of any political paraphernalia. They may not host or sponsor a political fundraiser even at their residence. However, a civilian employee's spouse may host or sponsor the fundraiser and the civilian spouse may attend. Employees may not solicit or receive political contri-

butions as federal civilian employees. For example, civilian employees may not solicit monetary contributions anonymously over the telephone.

#### Service member prohibitions

Active duty personnel are under similar rules and may participate in political affairs in a limited capacity. Soldiers may join a political party, vote and display a bumper sticker on their personal vehicle. While not in uniform Soldiers may attend political rallies as long as the rally is not during duty hours. Soldiers may encourage other soldiers to vote, but

cannot use their influence or authority to sway a Soldier's decision on who or what to vote for in an election. While Soldiers may donate money to a political campaign, they may not solicit money or votes for a political candidate or cause. Soldiers may display political stickers on their private vehicles, but they may not display large signs or banners on their privately owned vehicles. While in government quarters, Soldiers may not participate in political activities such as hosting a political rally.

Soldiers on active duty generally may not campaign for or hold elected office in the U.S. government, or the government of any state or territory. Soldiers may serve as an election official in an election if the Soldier complies with the following three conditions: the Soldier must not be in uniform, the service does not interfere with military duties and the Soldier must have the prior approval of the installation commander. Enlisted members on extended active duty may seek and hold nonpartisan civil office as a notary public, mem-

ber of a school board, neighborhood planning commission, or similar local agency as long as the office is held in a private capacity and does not interfere with military duties.

During the election season these rules should be used as a guide by both federal civilian employees and service members on how and when to participate legally in the political process.

For more information, contact the Office of the Staff Judge Advocate, Administrative and Civil Law Division, 410-278-1116.

# SAFETY

## Observing Ergonomics Month...all year round!

Story by  
**JOHN PENTIKIS**  
USACHPPM

Ergonomics is the study if how a workplace, tools and equipment can best be designed for safety, efficiency, productivity and comfort.

October was National Ergonomics Month, but smart ergonomics practices should be observed every day. Use these "52 Ergonomics Tips of the Week" to educate and inspire throughout the year.

1. Use eye drops to prevent eyes from drying out when using the computer.
2. To check if the body is properly aligned when typing, align the "B" key on the keyboard with the belly button (only works for standard keyboard designs).
3. The computer monitor should be placed between 20 and 30 inches away from the eyes. If it needs to be closer, get an eye exam.
4. Use the 20-20-20 Rule. When typing, take a break every 20 minutes and look at an object at least 20 feet away for at least 20 seconds.
5. There should be lumbar support when sitting. A lumbar support can reduce the amount of stress on the back by 40 percent.
6. Support the arms when typing. Use of armrests or a keyboard tray can reduce back stress by 15 percent or more.
7. Keep shoulders relaxed when typing. Typing with the keyboard too high causes the shoulder and arms to overcompensate and will eventually lead to shoulder pain.
8. The top of the computer monitor should be at eye level. Monitors positioned an inch or more higher than eye level are associated with neck pain.
9. Beware of objects of moderate weight. More people will hurt their back this year lifting 35 pounds than people lifting 100 pounds.
10. Performing prolonged computer work? Force a yawn. This moistens the eyes and reduces tension by relaxing facial muscles.
11. Reduce stress to the body. Position work so that elbows are down by the sides and arms are bent at right angles.
12. Sit directly in front of the monitor. Twisting the neck to view the monitor will result in neck pain.
13. A footrest will not only support the feet, it also helps support

the back.

14. A split-key keyboard will improve wrist posture but it is not a guarantee that it will prevent a work-related musculoskeletal disorder such as carpal tunnel syndrome or tendonitis.

15. Bifocal users must extend their neck to view the computer monitor. Investigate using glasses designed specifically for computer use to improve neck posture.

16. Do not tilt the monitor upwards; it makes it more susceptible for the overhead lights to form glare spots on the monitor.

17. A joystick-designed mouse puts less stress on the wrists than a traditionally styled mouse.

18. Do not extend the arm to use a mouse. The mouse should be located next to the keyboard within forearm reach.

19. Do not place a computer monitor directly in front of a window. Sunlight entering the window coupled with looking at the monitor places a lot of strain on the eyes.

20. Take microbreaks. A short 30- to 60-second stoppage in work while performing stretching exercises will help relieve stress until it's time for another break.

21. Avoid bending at the trunk; when lifting, whenever possible, raise items to waist height to reduce back stress.

22. Avoid twisting at the trunk when lifting; keep work in front to reduce the risk of a back injury.

23. What difference do a couple of inches make? Lifting a 25-pound item 4 inches away from the body versus close to the body will result in the back working at least 30 percent harder.

24. If the imprint of a watch is visible on the wrist, the band is too tight and could be causing damage to the wrist. Loosen the band.

25. What does smoking have to do with ergonomics? Smokers have higher back-injury and carpal-tunnel syndrome rates.

26. Back belts will not help a person lift more weight and there is no evidence that they prevent back injuries.

27. Avoid daily activities that place the arm above shoulder level. This will significantly decrease the risk of a shoulder injury.

28. Bending the back while lifting can be stressful; this condition can

also add more forces being placed on the back.

29. The weight of a backpack should not exceed 15 percent of the carrier's weight. Exceeding this increases the risk of back injury.

30. When placing items on shelves, store the heaviest items on the middle shelves and the lightest objects on the top and bottom shelves.

31. Be cautious; the word ergonomics is not regulated by the government. Just because something is labeled ergonomically designed does not necessarily make it so.

32. Design or modify a workstation so all lifts are in the lifting strike zone (i.e., the beginning and end of the lift are between mid-thigh and chest level and close to the body at all times).

33. Lift with the legs — they are designed to provide a mechanical advantage to the body. The back places the body at a mechanical disadvantage.

34. Have a lot of stuff on your desk? Place the items you use most frequently closest to you to avoid repeated extended reaches.

35. People have preconceived notions how systems work based on past experiences. To avoid confusion do not use the color red to indicate "on" or an upward motion to turn off a system.

36. On the telephone a lot? Use a headset; avoid telephone cradles since they still force the neck to bend to the side and the shoulder to be raised.

37. Try to use hand tools that are as light as functionally possible. It will reduce the amount of force needed to operate the tool.

38. For heavier hand tools, ensure two-hand use.

39. Glove selection is important; wear work gloves that fit, are flexible, and come with grips. Otherwise, extra effort is needed to perform tasks.

40. Bent-angled tools are not necessarily ergonomically designed. Match the task being performed with the right tool so the wrist is not bent.

41. Hand tool handles should be compressible and stay captive in the hand. Otherwise the hands and fingers are subject to pain due to soft-tissue damage and reduced blood circulation.

42. Why is it hard to open jars? The muscles used to tighten (clock-



Photo by BEN BUNGER, USACHPPM  
*Ergonomist John Pentikis installs a wrist rest for Paula Knudson. The wrist rest acts as a cushion and prevents contact stress.*

wise) can exert more force than the muscles used to loosen (counter-clockwise).

43. Take a short break if feeling tired. Breaks are associated with reduced injury rates and do not lower productivity rates.

44. Pushing is the easiest form of manual material handling. Try to convert lifting and lowering activities to pushes.

45. On average, workers experience their first back injury at age 35.

46. People with a previous back injury are more susceptible to re-injury.

47. When lifting, break larger loads into smaller, lighter loads. Repetition is better than heavier weights.

48. Use manual movement devices such as carts, dollies, or fork-

lifts to move items, even if it takes longer to perform the task.

49. Plan the lift ahead of time, especially if there is more than one lifter.

50. Always position the body in front of an object being lifted to reduce reaching or twisting.

51. The National Institute for Occupational Safety and Health states that under ideal conditions lift no more than 51 pounds?

52. The most stressful lifts are those that begin and end at or below knee height and those that begin and end at or above shoulder height.

For more information, visit the U.S. Army Center for Health Promotion and Preventive Medicine's Ergonomics Program Web site, <http://usachppm.apgea.army.mil/ergopgm/>.

# Acquistion Corps awards developmental testers on behalf of U.S. Soldiers

Story by  
**MIKE CAST**  
DTC

Within the U.S. Army Test and Evaluation Command people have been working long days and weekends when necessary, and doing whatever else it takes to help Soldiers in Iraq and Afghanistan survive attacks and come home safely to their families when they complete their tour of duty.

To recognize those who have made critical contributions to this and related key Army acquisition objectives, the Army Acquisition Corps presented a variety of acquisition awards during a ceremony Oct. 8 at the Double Tree Crystal City Hotel in Arlington, Va. Testers within ATEC's Developmental Test Command and Aberdeen Test Center received acquisition awards during the event.

The Secretary of the Army Acquisition Director of the Year Award at the Colonel Level went to Col. John Rooney, commander of ATC. The award recognized the key contributions of Rooney and his ATC team, who helped the acquisition community field survivable and effective light tactical vehicles through ballistic testing of added armor and ATC's spectrum of testing to determine the armor's automotive impact on vehicles.

The Information Enabled Army award went to ATEC's Tactical Wheeled Vehicle Instrumentation Team, consisting of Marty Bindel, Steve Vest, Bob Yokubinas and David Kronick from ATC; David Zupko and Mike Lind from DTC's headquarters staff; and Claudia Wood from Yuma Proving Ground, Ariz. They earned this award for their work in Kuwait to embed instrumentation, much like the "black boxes" installed in aircraft, so the Army could collect automotive performance data from three types of tactical wheeled vehicles used extensively in the combat theater.

Others at APG were finalists in various categories of the Army Excellence in Acquisition Award.

Norm Harrington and Mark Simon, DTC test managers who make up the DTC headquarters Live Fire Team, were finalists in the Equipping and Sustaining Our Soldier Systems category for supporting the testing and fielding of add-on armor kits for the high mobility multi-purpose wheeled vehicle, frequently a target of roadside bombs and other ballistic attacks in the combat theater, and for the testing of other light tactical wheeled vehicles.

Michael Hubner, an operations research analyst at DTC headquarters, and David Strawbridge, a senior test engineer at ATC, were finalists in the Individual Sustained Achievement award category. Hubner was recognized for helping the Army test systems designed to defeat to the threat of improvised explosive devices, and Strawbridge was recognized for his leading role in a variety of critical tests of the Army's light tactical wheeled vehicles, including ATC's program to test armor kits for the HMMWV.

Rooney's award citation recognized his "extraordinary leadership and passion for supporting the warfighter." The citation said that Rooney "proactively leads a workforce that continuously provides testing at the highest level of technical expertise and professionalism."



Photo courtesy U.S. ARMY

*Pictured in Kuwait, left to right, are Lt. Col Christopher Rasmussen, commander of the Forward Operational Assessment (FOA) team; Claudia Wood of Yuma Proving Ground; Martin Bindel of Aberdeen Test Center (ATC) tester; Sgt. 1st Class John Collins of the FOA team; David Kronick of ATC; Robert Yokubinas of ATC; David Zupko of the Developmental Test Command; and Steven Vest of ATC. The ATC and DTC employees earned a prestigious acquisition award.*

He and his workforce were honored for initiating a successful rapid fielding program, providing the technical expertise in theater and for "performing real-time testing to ensure Soldiers have the best technology available."

When attacks against coalition forces made it evident that armor on HMMWVs and other tactical wheeled vehicles was not sufficiently protective, ATC went into overdrive to test proposed solutions to this problem. The ballistic and automotive testing of HMMWV armor kits and up-armored HMMWVs began in August 2003 and quickly became an around-the-clock test program, according to Rooney, who was interviewed before the awards were announced.

"We actually did the first armor shot on the first proposed solution that would get fielded during the first week in October 2003, and eight days later the first kits were en route to the theater," Rooney said. "Meanwhile, we were completing the safety confirmation. From those relatively small beginnings with the 'humvee' back in the fall of 2003, we have since tested 430 solutions. Things have not stopped. Improvements are happening all of the time."

As IEDs became a hazard in the combat theater, ATC focused much of its testing on finding solutions to that problem. "We have shot a good number of new IED threats against various vehicles, to verify modifications and enhancements made to increase the level of protection," Rooney said.

He visited Iraq from mid February to mid March of this year to speak with commanders and Soldiers in the field and get an understanding of the threats they face and their issues with armor solutions.

One result of that visit was Rooney's decision to send a test manager with ballistics expertise

to Baghdad to support the ATEC Forward Operational Assessment Team in theater.

ATEC has sent several rotations of its FOA teams to the combat theater, Rooney said, noting that the ATC ballistics expert sent to Iraq, has been working as a member of the Iraq-based FOA team since March of this year. He and the other team members are not only providing feedback from Soldiers to ATC's testers and system developers, Rooney said, but also ensuring that critical information about fielded systems reaches Soldiers in theater as quickly as possible.

The full range of automotive testing needed to determine the impacts of added armor on vehicle performance revealed that armor placed on light tactical wheeled vehicles creates a variety of challenges to automotive performance, Rooney said, including problems with steering and handling dynamics, failure of seals, and adverse impacts on vehicle suspension systems, axles and wheels.

In 2005 alone, ATC testers logged nearly 400,000 miles on ATC's outdoor test tracks and more than 400,000 simulated miles on the test center's Roadway Simulator.

The award citation lauds Rooney and ATC testers for technology improvements such as the simulator. "ATC continually strives to improve its technology superiority," according to the citation.

The test center also was cited for supporting the Maryland Center for Automotive Research and Testing, a partnership with the automotive engineering branch of the University of Maryland that gives ATC access to engineering technology developed by students and faculty. That technology is applied at test sites such as the Roadway Simulator, a \$40 million facility that houses the world's largest automotive testing simulator. It can handle test items ranging from 5,000-pound, two-axle light vehicles to 80,000-pound tractor/trailer rigs.

"ATC continues to be involved in Operation Iraqi Freedom projects, including the Army's Rapid Fielding Initiative," according to the award citation. "One of the most urgent initiatives was to install embedded instrumentation packages into tactical wheeled vehicles."

The ATEC Tactical Wheeled Vehicle Instrumentation Team in Kuwait was recognized for work in Kuwait that focused on collecting performance data from three types of vehicles: the HMMWV, the heavyweight wrecker known as the M984A1 Heavy Expanded Mobility Tactical Truck, and the M915A3 Line Haul Tractor, the Army's version of a tractor/trailer rig. The team placed instrumentation in three wreckers, three "HMMWVs" and 14 tractors.

"The biggest concern was that we didn't have a total picture of how the vehicles were being utilized in the combat zone," said ATC's Yokubinas, the technical leader for the project, when queried about the Kuwait mission shortly after the team returned. "Once we learn this, we will be able to help the combat developer prepare better requirements documents, the materiel developers prepare better system specifications, and the developmental and operational testers to better test future vehicles and prepare test facilities to meet the emerging requirements. In the near term, vehicle modifications and improvements may be implemented based on the data acquired."

The small, unobtrusive instrumentation package they used was designed by ATC engi-

neers to avoid intruding on vehicle drivers and influencing their operations. At the heart of this package was a 6-inch by 8-inch data-collection system designed by ATC engineers called the Advanced Distributed Modular Acquisition System, or ADMAS. It is designed to acquire various types of vehicle-performance data, including road speed, engine speed, rate of fuel consumption, coolant temperature, transmission performance and acceleration rates.

After installing the equipment, the DTC team worked with other Army specialists in Kuwait from the Operational Test Command and USAMSAA to set up the data-collection operation. The continuous data-collection effort entailed daily reports of progress to ATC, removing the memory cards containing the data, and shipping the cards to ATC. Team members also performed some limited analysis of the available data.

The 20 vehicles chosen for the project were part of an AMSAA effort under way when the DTC team arrived. The AMSAA project involves tracking of logistics, maintenance, and parts data from more than 1,000 vehicles.

ATEC's Army Evaluation Center was the lead agency analyzing the data, which currently is accessible via the Internet to authorized users of an ATC database.

The team worked very closely with ATEC's FOA team, according to Bindel, an ATC engineer who led the DTC team. The ATEC-FOA group was responsible for much of the operation's logistics, and it sponsored the operation, Bindel said. He emphasized that the ATEC FOA commander at the time, Lt. Col. Christopher Rasmussen, and his group provided a wide range of support to the team.

According to Hubner's award citation, he played a key role in supporting Army efforts to field IED countermeasures as rapidly as possible. His award was based on a "strong technical understanding" of systems tested as well as his understanding of the military acquisition process, program management skills, test methodologies and his dedication to mission accomplishment.

In addition to being "fully engaged in each of these highly visible, complex and critical programs" as a member of several ATEC systems teams, Hubner played an important role in the development of the Joint Experimentation Range Complex at DTC's Yuma Proving Ground, according to the citation. The JERC enables the Defense Department to take a joint-forces approach to countering IEDs and other threats to U.S. forces in Iraq and Afghanistan. Hubner's award citation also noted that he serves on a team supporting the Joint IED Defeat Task Force, established to foster military collaboration in the IED countermeasures program.

Strawbridge's award citation noted his role in testing armor kits for the Heavy Expanded Mobility Tactical Truck, Heavy Equipment Transport System and the various M915 tractor/trailer vehicles. He was responsible for the safety, performance and endurance of a wide variety of armor kits.

He was also a finalist in the awards program because the testing occurred in a short span of time and enabled the Army to quickly field systems to troops in Kuwait, Iraq and Afghanistan. Kits were often being designed and modified while testing took place, and the testing resulted in various enhancements to the safety and protection afforded vehicle crews.



Photo courtesy of U.S. ARMY

*Martin Bindel of the Aberdeen Test Center runs cables during the installation of instrumentation on a vehicle that would yield various types of data for Army evaluators.*

